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# Urban District of Lakes

# ANNUAL REPORT

of the

## Medical Officer
## — of Health —

For the Year 1939.

*To the Chairman and Members*
*of the Urban District Council of Lakes.*

Sir, Lady and Gentlemen,

I have the honour to submit to you my Annual Report on the health of the Urban District for the year 1939.

The arrangement of the same is similar to that of the previous year, and is compiled in accordance with the Ministry of Health's communication of 16th February, 1940.

In the interests of economy the Report has been framed so as to deal only with the important conditions which have prevailed, and to omit circumstances in which there has been no marked change.

The last quarter of the Year brought into being the evacuation of expectant mothers, cripples and blind persons and children, either accompanied or otherwise, from dangerous areas on the East Coast.

The following important legislation has come into force during the year:—A New Food and Drugs Act and a Young Persons Employment Act.

Measles and Whooping Cough became notifiable diseases during the last two months of the Year.

The organisation of Casualty Services (First Aid Posts, Points and Parties) in connection with the A.R.P. Scheme has now been transferred to the County Council.

The proper provision of accommodation for the isolation and nursing of infectious diseases on modern lines is still in abeyance.

My thanks are due to your Officials for their kind co-operation, and especially for that received from your Sanitary Inspector.

I am very grateful to the Medical Profession for its willingness to extend to me its help and advice, which thus secures harmonious working between the various branches of Private and Public Medicine.

To one and all I tender my sincerest thanks.

I have the honour to be,
Sir, Lady and Gentlemen,
Your obedient servant,

W. Baron Cockill,
Medical Officer of Health.

*5th October, 1940.*

STAFF.

| Name. | Qualifications. | Office. | Whole or part time | Other Offices. |
|---|---|---|---|---|
| W. B. Cockill | M.D., etc., D.P.H. | M.O.H. | Part. | M.O.H. W'land Combined Districts. |
| A. F. Fildes. | M.I.M.C.E. | Water Engineer. | Part. | Surveyor. |
| J. H. McAdam | Cert. S.I.B. R.S.I. | Sanitary Inspector. | Part. | Sanitary Engineer. |
| W. N. Battersby | | Water Engineer, Ambleside and Clappersgate. | Part. | Gas Engineer. |

# ANNUAL REPORT

OF THE

# MEDICAL OFFICER OF HEALH

FOR THE

# YEAR ENDING DECEMBER 31st, 1939.

| | |
|---|---|
| Area (acres) ... ... ... | 49,905 |
| Registrar-General's estimate of: | |
| (a) Resident population, mid 1939 ... | 5,233 |
| (b) Average population appropriate to the calculation of death rates ... | 5,623 |
| Number of inhabited houses (end of 1939) according to Rate Books ... | 1,679 |
| Rateable Value ... ... ... | £53,139 |
| Sum represented by Penny Rate ... ... | £221 |

There are no large industries, as the Urban District is largely a residential and holiday resort. There are certain stone and slate quarries in the District.

## EXTRACTS FROM VITAL STATISTICS OF THE YEAR.

| | | Total. | M. | F. | |
|---|---|---|---|---|---|
| Live Births | Legitimate | 64 | 39 | 25 | Birth Rate per 1,000 of the estimated resident population ... 12.8 |
| | Illegitimate | 3 | 2 | 1 | |
| Birth Rate, England & Wales ... | | | | | ... ... 15 |
| Still Births ... | | 1 | 1 | — | Rate per 1,000 total (live and still) births ... 14.7 |
| Deaths ... | | 62 | 27 | 35 | Death Rate per 1,000 estimated average population ... 9 |
| Death Rate, England & Wales ... | | | | | ... 12.1 |

Deaths from Puerperal Causes :—

| | Deaths. | Rate per 1,000 total (live & still) Births. |
|---|---|---|
| Puerperal Sepsis ... | Nil. | ... Nil. |
| Other Puerperal Causes ... | Nil. | ... Nil. |
| Total ... ... | Nil. | ... Nil. |

Maternal Mortality Rate, England & Wales ... 2.93

Death Rate of Infants under 1 year of age :—

| | |
|---|---|
| All Infants per 1,000 total live Births ... ... | 43 |
| Legitimate Infants per 1,000 legitimate live Births ... | 45 |
| Illegitimate Infants per 1,000 illegitimate live Births ... | Nil. |
| Infantile Death Rate, England & Wales ... ... | 50 |
| Deaths from Cancer (all ages) ... ... | 6 |
| ,, ,, Measles (all ages) ... ... | Nil. |
| ,, ,, Whooping Cough (all ages) ... | Nil. |
| ,, ,, Diarrhœa (under 2 years) ... ... | Nil. |

There has been no unusual or excessive mortality during the year, nor has there been any noteworthy cause of sickness or invalidity in the District ; neither occupation nor environment have had any prejudicial effect on health.

The School Medical Officer does not consider that unemployment has had any significant influence on the health or physique of the school children, nor is there any direct evidence that adults have been seriously affected from the same cause.

Deaths were registered from the following Causes :—

| DISEASE. | M. | F. | Total |
|---|---|---|---|
| Influenza | 1 | 3 | 4 |
| Tuberculosis of Respiratory System | 1 | — | 1 |
| Cancer, Malignant Disease | 2 | 4 | 6 |
| Diabetes | — | 3 | 3 |
| Cerebral Hæmorrhage | 4 | 3 | 7 |
| Heart Disease | 7 | 7 | 14 |
| Other Circulatory Diseases | — | 2 | 2 |
| Bronchitis | 1 | 1 | 2 |
| Pneumonia (all forms) | 1 | — | 1 |
| Appendicitis | — | 1 | 1 |
| Other Digestive Diseases | 1 | — | 1 |
| Acute and Chronic Nephritis | — | 1 | 1 |
| Congenital Debility, Prematurity, Malformations, etc. | 2 | 1 | 3 |
| Senility | 2 | 8 | 10 |
| Other Violence | 4 | — | 4 |
| Other defined Diseases | 1 | 1 | 2 |

## GENERAL PROVISION OF HEALTH SERVICES IN THE AREA.

There are no developments or changes in connection with the following services : — Laboratory Facilities, Nursing in the Home, Treatment Centres and Clinics, Hospitals, Public and Voluntary and Ambulance Facilities, which are adequate, and arrangements for co-ordination satisfactory.

## SANITARY CIRCUMSTANCES OF THE AREA.

### Water.

**Grasmere.**—Sanction has been received from the Ministry for the relaying of 5,761 yds. of main at an estimated cost of £3,500. This work is now in hand.

During the Spring of 1939 a chlorination plant was installed on this supply and has given satisfactory results.

### Chapel Stile and Elterwater.

A short length of new main was laid to the Schools.

### Little Langdale and Patterdale.

Schemes have been prepared, but owing to war conditions, are now at a standstill.

### Drainage and Sewerage.

No important alterations have been made.

### Rivers and Streams.

A lead mining company has provided two settling tanks to catch the finely ground stone which has been reaching Lake Ullswater.

### Public Cleansing.

Certain small extensions of these services have been found possible.

### Closet Accommodation.

There have been nine conversions from earth closets to water closets, six of these having been connected to private sewage disposal systems. The earth closets existing are almost entirely in the unsewered parts of the Area.

### Sanitary Inspection of the Area.

Nuisances or Defects remedied by either informal or legal notices.

| | |
|---|---|
| Defective or insufficient Water Supply ... | 2 |
| ,, Drainage ... ... ... | 14 |
| ,, Sinks ... ... ... | 8 |
| ,, Water Closets ... .. | 5 |
| ,, Cesspools ... ... ... | 5 |
| Insufficient Windows ... ... ... | 9 |
| ,, Ashpits ... ... ... | 10 |
| ,, Cooking or Food Storage Facilities | 6 |
| Smoke Nuisances ... ... ... | 2 |
| General Defects ... .. ... | 43 |
| Total ... ... | 104 |

Number of legal notices issued, 3.

### Schools.

No Schools have been closed on account of Infectious Disease.

## HOUSING.

Number of new houses erected during the Year :—

(1) By the Local Authority ... ... ... Nil.
(2) By other bodies or persons ... ... 22

1. Inspection of Dwelling-houses during the Year :—

(1) (*a*) Total number of Dwelling-houses inspected for housing defects (under Public Health or Housing Acts) ... ... 97
(*b*) Number of inspections made for the purpose 195

(2) (*a*) Number of Dwelling-houses (included under sub-head (1) above) which were inspected and recorded under the Housing Consolidated Regulations, 1925 5
(*b*) Number of inspections made for the purpose 16

(3) Number of Dwelling-houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation ... ... ... ... Nil.

(4) Number of Dwelling-houses (exclusive of those referred to under the preceding sub-head) found not to be in all respects reasonably fit for human habitation ... 43

2. Remedy of Defects during the Year without Service of formal Notices :—

Number of defective Dwelling-houses rendered fit in consequence of informal action by the Local Authority or their Officers ... ... ... 27

3. Action under Statutory Powers during the Year :—

(*a*) Proceedings under Sections 9, 10 and 16 of the Housing Act, 1936 :—

(1) Number of Dwelling-houses in respect of which notices were served requiring repairs ... ... ... 4

(2) Number of Dwelling-houses which were rendered fit after service of formal notices :—

(*a*) By Owners ... ... 4
(*b*) By Local Authority in default of Owners ... ... Nil.

(*b*) Proceedings under Public Health Acts :—

(1) Number of Dwelling-houses in respect of which notices were served requiring defects to be remedied ... ... 2

(2) Number of Dwelling-houses in respect of which defects were remedied after service of formal notices :—

(*a*) By Owners ... ... 2

(*b*) By Local Authority in default of Owners ... ... Nil.

(*c*) Proceedings under Sections 11 and 13 of the Housing Act, 1936 ... ... ... Nil.

(*d*) Proceedings under Section 12 of the Housing Act, 1936 ... ... ... ... Nil.

## 4. Housing Act, 1936—Part IV. Overcrowding.

(*a*) (i) Number of Dwellings overcrowded at the end of the year ... ... 5

(ii) Number of families dwelling therein ... 5

(iii) Number of persons dwelling therein ... 33½

(*b*) Number of new cases of overcrowding reported during the year ... ... Nil.

(*c*) (i) Number of new cases of overcrowding relieved during the year ... ... 6

(ii) Number of persons concerned in such cases ... ... ... 37

(*d*) Particulars of any cases in which Dwelling-houses have again become overcrowded after the Local Authority have taken steps for the abatement of overcrowding ... ... ... Nil

(*e*) Any other particulars with respect to overcrowding upon which the Medical Officer of Health may consider it desirable to report ... ... Nil.

## INSPECTION AND SUPERVISION OF FOOD.

### Milk.

There are three accredited producers in the Area.

Seven milk samples were taken from other milk producers, six for cleanliness, and one for examination for tubercle bacilli. In all cases the results were satisfactory.

### Meat and Other Foods.

In almost every case when slaughter is notified, the meat is inspected. The shops and vans in the District are kept in a cleanly state.

## CARCASES INSPECTED AND CONDEMNED.

| | Cattle excluding Cows | Cows | Calves | Sheep and Lambs | Pigs |
|---|---|---|---|---|---|
| Number killed (if known) ... ... | 314 | Nil. | 77 | 2650 | 206 |
| Number inspected (approximately) | 70% | — | 70% | 10% | 70% |
| All Diseases except Tuberculosis | | | | | |
| All carcases condemned .. ... | Nil. | — | Nil. | Nil. | Nil. |
| Carcases of which some part or organ was condemned ... ... | 9 | — | Nil. | Nil. | 2 |
| Percentage of the number inspected affected with disease other than Tuberculosis ... ... ... | 4.1% | — | Nil. | Nil. | 1.4% |
| Tuberculosis only. | | | | | |
| Whole carcases condemned ... | Nil. | — | Nil. | Nil. | 1 |
| Carcases of which some part or organ was condemned ... ... | 6 | — | Nil. | Nil. | 7 |
| Percentage of the number inspected affected with Tuberculosis ... | 2.7% | — | Nil. | Nil. | 5.6% |

### Adulteration, etc., and Chemical and Bacteriological Examination of Food.

Milk samples for cleanliness and tubercle bacilli are submitted to the Pathologist at Cumberland Pathological Laboratory.

The County Council is the Food and Drugs Authority, and this work is carried out by Mr. C. J. H. Stock, B.Sc., F.I.C., County Analyst, Darlington.

### Health Education.

There is a considerable amount of dissemination of knowledge relating to health and disease through the Women's Institutes and through health talks at the Schools by the School Medical Officers.

## PREVALENCE OF, AND CONTROL OVER, INFECTIOUS AND OTHER DISEASES.

The following cases of Infectious Disease were notified :— Scarlet Fever 6, Diphtheria 2, Erysipelas 3, Puerperal Pyrexia 1, Encephalitis Lethargica 1, and Pneumonia 12. The Puerperal Pyrexia case was removed to Lancaster Isolation Hospital for treatment and recovered. The Encephalitis Lethargica was a Military case and ended fatally. Under the new regulations 24 cases of Measles and one of Whooping Cough were notified.

Diphtheria Antitoxin, is issued free for the treatment of all necessitous cases, excepting patients under the National Health Insurance Act ; also for both necessitous and insured persons for prophylactic purposes.

A good start has been made with artificial immunization against Diphtheria, through all the elementary schools. In this Area 313 children of school age and 95 of pre-school age were immunized. This was done under the Education Authority, A.P.T. is the prophylactic which has been used. No use has been made of Serum for Prophylaxis in the case of Measles, and there are no local facilities for the typing of pneumococci.

The County Council has had under consideration for the past few years the whole of the Isolation Hospital question for the County ; various schemes have been put forward, but so far there has been no definite decision.

The following bacteriological investigations have been carried out :—

| | |
|---|---|
| Diphtheria ... ... | 50 |
| Organisms ... ... | 7 |
| | 57 |

Arrangements have been made between the Westmorland County Hospital and the Manchester Radium Institute for the treatment of cases of Malignant Disease by Radium when so required.

# INFECTIOUS DISEASES, 1939.

| DISEASE | Total | AGES | | | | | | | | | | | | Admitted to Hospital | Deaths |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | —1 | 1— | 2— | 3— | 4— | 5— | 10 | 15— | 20— | 35— | 45— | 65— | | |
| Scarlet Fever | 6 | — | — | — | — | — | 3 | 2 | 1 | — | — | — | — | 6 | — |
| Diphtheria .... | 2 | — | — | — | — | — | 2 | — | — | — | — | — | — | 2 | — |
| Pneumonia .... | 12 | 1 | — | 1 | — | — | 1 | 2 | 1 | 2 | 1 | 3 | — | — | — |
| Erysipelas .... | 3 | — | — | — | — | 1 | — | — | — | 1 | 1 | — | — | 1 | — |
| Puerperal Pyrexia.... | 1 | — | — | — | — | — | — | — | — | 1 | — | — | — | 1 | — |
| Encephalitis Lethargica | 1 | — | — | — | — | — | — | — | — | 1 | — | — | — | — | 1 |
| Measles .... | 24 | — | 3 | 1 | 2 | 2 | 11 | 3 | 1 | 1 | — | — | — | ..... | — |
| Whooping Cough .... | 1 | — | — | — | — | — | — | — | 1 | — | — | — | — | — | — |
| TOTAL ... | 50 | 1 | 3 | 2 | 2 | 3 | 17 | 7 | 4 | 6 | 2 | 3 | — | 10 | 1 |

## TUBERCULOSIS TABLE

| AGE PERIODS | NEW CASES | | | | DEATHS | | | |
|---|---|---|---|---|---|---|---|---|
| | Respiratory | | Non Respiratory | | Respiratory | | Non Respiratory | |
| | M. | F. | M. | F. | M. | F. | M. | F. |
| 0 | — | — | — | — | — | — | — | — |
| 1 | — | — | — | — | — | — | — | — |
| 5 | 1 | — | — | 1 | — | — | — | — |
| 15 | 1 | — | — | — | — | — | — | — |
| 25 | 2 | — | — | — | — | — | — | — |
| 35 | — | 1 | — | — | 1 | — | — | — |
| 45 | — | — | — | — | — | — | — | — |
| 55 | — | — | — | — | — | — | — | — |
| 65 | — | — | — | — | — | — | — | — |
| TOTAL | 4 | 1 | — | 1 | 1 | — | — | — |

Of the six cases notified five were pulmonary and one non-pulmonary. Of the five pulmonary, three had contracted the disease elsewhere but came to reside in the Area. There were no fatal cases.

## FACTORIES AND WORKSHOPS.

| | Inspections. | Notices. |
|---|---|---|
| Factories ... ... | 6 ... | 1 |
| Workshops ... ... | 9 ... | — |
| Workplaces ... ... | 4 ... | — |
| | 19 | 1 |

| | Defects found. | Remedied. |
|---|---|---|
| Sanitary accommodation insufficient ... | 1 ... | 1 |

LAKELAND
PRINTERS
AMBLESIDE